



NEWS RELEASE

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Register today for the Ninth Annual TWFG Muddy Trails Bash

THE WOODLANDS, TEXAS (March 7, 2016) – The Ninth Annual TWFG Muddy Trails Bash will be held on Saturday, April 2, 2016, from 3 to 8 p.m., at the 1,700-acre George Mitchell Nature Preserve, located adjacent to Rob Fleming Park in the Village of Creekside Park.

Five events will be held at the Bash: chip-timed 5K trail run; chip-timed 10K trail run; 2K-9 fun run for you and your dog; Little Muddy Kids' one-mile fun run and the Muddy Bowl Crawfish Cook-Off. All races will be capped. The Woodlands Financial Group (TWFG) Muddy Trails Bash is a USA Track and Field (USATF) sanctioned event. *Please Note: TWFG Muddy Trails Bash is not a mud run or adventure race.*

The post-race party, held at Rob Fleming Park, will include live Zydeco music by the Platinum Players Zydeco Band, children's activities, crawfish plates and the Muddy Bowl Crawfish Cook-Off. All 2016 participants will receive a TWFG Muddy Trails Bash cotton T-shirt, a finisher medal and food and beverages upon completing the race. Concessions will also be available for purchase.

Register for the races and download the Muddy Bowl Crawfish Cook-Off application online at www.thewoodlandstownship-tx.gov/muddytrailsbash. Race day registration will only take place if the race is not full.

The 2016 TWFG Muddy Trails Bash is sponsored by TWFG, Luke's Locker, Memorial Hermann Sports Medicine, The Strong Firm, Homewood Suites, Finish Strong Coaching, VillaSport Athletic Club & Spa, Windvale Pet Hospital, Miam Electric, New Haven House of Prayer and WoodsEdge Community Church.

For more information about TWFG Muddy Trails Bash, please visit the Township's website at <http://www.thewoodlandstownship-tx.gov>, email races@thewoodlandstownship-tx.gov or call 281-210-3800.



Photo: Both children and parents can enjoy running together at the TWFG Muddy Trails Bash.